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medium II

ERINDALE COLLEGE STUDENT NEWSPAPER CIRCULATION 7 000 MONDAY JANUARY 6, 1992 VOLUME 18 NUMBER 13

SAC Running on Empty

Student's Administrative Council in need of greater financial responsibility to survive

by Steve Viau

The University of Toronto's Student Administrative Council will not be around to be the recipient of many future biting editorials if they do not quickly become more financially responsible. Currently SAC is experiencing a large, cyclical deficit born out of a cash flow shortage.

This happened because the 1989/90 council was told by an auditor to spend the $200,000 surplus that had been accumulated in order to retain SAC's non-profit status. However checks were not done on the spending and by the end of the year the deficit was $338,478. Then in 1990/91 the council again had a greater cash outflow than income, leaving the current council in an extremely precarious position.

Once a council inherits a deficit it becomes a vicious circle which requires a laborious, lengthy process to break free of. SAC relys almost exclusively on student levees to survive, but during the summer months there is no allotment. This results in there being a large debt at the end of the summer which the first instalment of student fees must pay off. Then there are no funds for the months leading up to the next instalment and the same process occurs.

SAC President Peter Guo cited a few key problems, among the most predominant being the fact that SAC receives no money from summer students, and that the student incidental fees are distributed in three allotments of 60% in September, 30% in January and 10% in April. Also, perhaps the largest problem is that SAC is the largest Canadian university student council yet they receive one of the lowest per student incidental fees of any school.

As a result of their current situation Guo, SAC VP Bart Arsenault and the SAC Budget committee have been investigating various avenues to deal with the problem on both immediate and futuristic levels. The short term actions taken were the indefinite laying off of SAC's four part-time workers, the withdrawal from an advertising agreement with The Varsity prior to the contract deadline, and the elimination of last month's SAC Free Film. According to Guo these changes saved SAC around $8,000 in December alone. SAC plans to go ahead with January's Free Film, however after that they are unsure of what is going to happen.

Working on the premiss of slashing and restructuring the budget, Guo hopes to end the year with a $40,000 surplus on this years operating budget. While he admits that this will not cover the summer operating budget in 1992 Guo expressed the hope that with this as a start the next council will be better able to work towards getting SAC in the black for good. Guo feels that in order for this to happen certain long term initiatives need to implemented immediately, as well as some help received from both the student body and the administration.

Please see **Guo aiming....page 2**

photo by Dave Martin

H.M.C.S. medium II

medium II's newest yacht is seen cruising seaward from West Palm Beach Harbor, Florida. First Mate Kim Lumsden keeps watch on deck.

NEWS

NEWS IN BRIEF

IMPROVED CONDITIONS FOR WOMEN ENGINEERS

Colleges and Universities Minister Richard Allen announced that Ontario universities will receive funding to develop and conduct workshops to improve the conditions for women studying engineering. The project is part of a $1.5 million initiative announced last May to improve the environment for women in post secondary institutions.

The goal of the workshops is to change the attitudes of faculty, students and administrative staff towards women at engineering schools. The project was developed through consultations with universities, representatives from faculties of engineering, and women in engineering.

ONTARIO GOVERNMENT CONFIRMS CONTINUED SUPPORT FOR CENTRES OF EXCELLENCE

The Ontario Government will extend its support to the seven Centres of Excellence at Ontario universities over the next five years, Industry, Trade and Technology Minister Ed Philip and Richard Allen, Minister of Colleges and Universities, announced. The Centres of Excellence were established in 1988 with a mandate to stimulate industrial research, train post-graduate researchers and encourage the transfer of technology to industry.

"Support for the centres is improving research resources and the knowledge base at Ontario universities," said Allen. "And this is encouraging researchers and graduate students - who might otherwise emigrate - to remain in Ontario where they can contribute to the future economic and social well-being of this province."

The extension of support is part of the Ontario Government's commitment to the province's economic recovery and will allow the Centres to continue operating until 1997 instead of being phased out by the end of next year. The amount of funding for the centres will be announced following a review of each centre's requirements, Philip said.

Guo aiming for surplus

continued from cover

One of the most significant long term plans is to have Orientation be a break even event. Last year it was subsidized to the tune of $60,000, and in their current situation to continue that would be financially irresponsible. Guo feels that there is such a large potential for sponsorship that they should be able to offer the students equal value as in the past without losing any money. Guo also would like to see a referendum held to increase the $18.65 incidental fee, however he wants to prove to the students that SAC is capable of being more responsible with their funds before asking for more.

Also, there is a proposal waiting to be discussed at Governing Council that would alter the percentages granted to SAC from 60/30/10 to 90/10, giving them a larger base to work with at the outset when a greater percentage of the costs are incurred. At the same time SAC is investigating what the costs would be of collecting and administering the money themselves compared to how much interest the administration earns while keeping the funds during the year.

Curriculum undergoes facelift

by Samuel Adams

Each year Erindale makes changes to a variety of sections of the curriculum, however the 1992/93 session will see a few changes that will likely affect students more than some of the past.

Among the most predominant revisions include the creation of three new programs and the deletion of five others. The newly created programs are as follows: Specialist program in Astronomical Science; Specialist program in Molecular Biology; and in keeping with the times a Specialist program in Environmental Analysis. The programs being deleted are: Major Program in Native Studies; Specialist program in Urban Studies; Major and Minor programs in Greek and Roman History; and a Specialist program in Spanish.

Other relatively minor changes were affected on virtually every program, spanning all of the divisions, however there was one revision which warranted extra attention. The Specialist program in History now requires 10 HIS courses plus a reading knowledge of a "relevant" language other than English or 2 FCE's of university language study. Also required are 5 300+ level HIS courses including 3 400 level HIS courses.

The intent of this is to enable students to properly research a given subject through reading pertinent articles or books which are written in the language of whatever country or region is being studied.

The committee that studied this proposal felt that no more than 5% of the eligible registration pool would opt to not register because of this restriction. Vice Principal (Academic) David Trott expressed the sentiment that University students should be both open minded enough to accept this requirement, and capable of adapting to it. If a student does not meet the second language requirement he/she will be able to study the appropriate language concurrently with his/her history program.

Anyone interested in more information should inquire at the registrar's office.

Official Languages Monitor Program*

Under a program funded by the Department of the Secretary of State of Canada, the Ministry of Education in conjunction with the Council of Ministers of Education, Canada, invites students to apply for the position of second-language monitors (French or English) for the academic year 1992-93.

Monitors (Part-time)

Official-languages monitors must be full-time postsecondary students usually studying in a province other than their own. They will work between six and eight hours per week under the supervision of a second-language teacher. Some francophone monitors will be assigned to French schools outside Quebec. For eight months participation in the program, they will receive at least $3,500 and one return trip between their home and the host province.

To be eligible for part-time monitor duties, students must have completed at least one year of postsecondary studies or will have completed such studies by the end of the 1991-92 academic year.

Monitors (Full-time)

Full-time monitors must have completed at least one year of postsecondary studies. Duties consist of assisting second-language teachers (French or English) in rural or semi-urban areas usually in a province other than their own for 25 hours per week. Some francophone monitors will be assigned to French schools outside Quebec. Monitors will receive up to $11,200 for 10 months of participation. They will also receive two return trips per year between their home province and the host province. They may also receive a settling-in allowance of up to $770 and a maximum of $1,110 for commuting expenses within the host province.

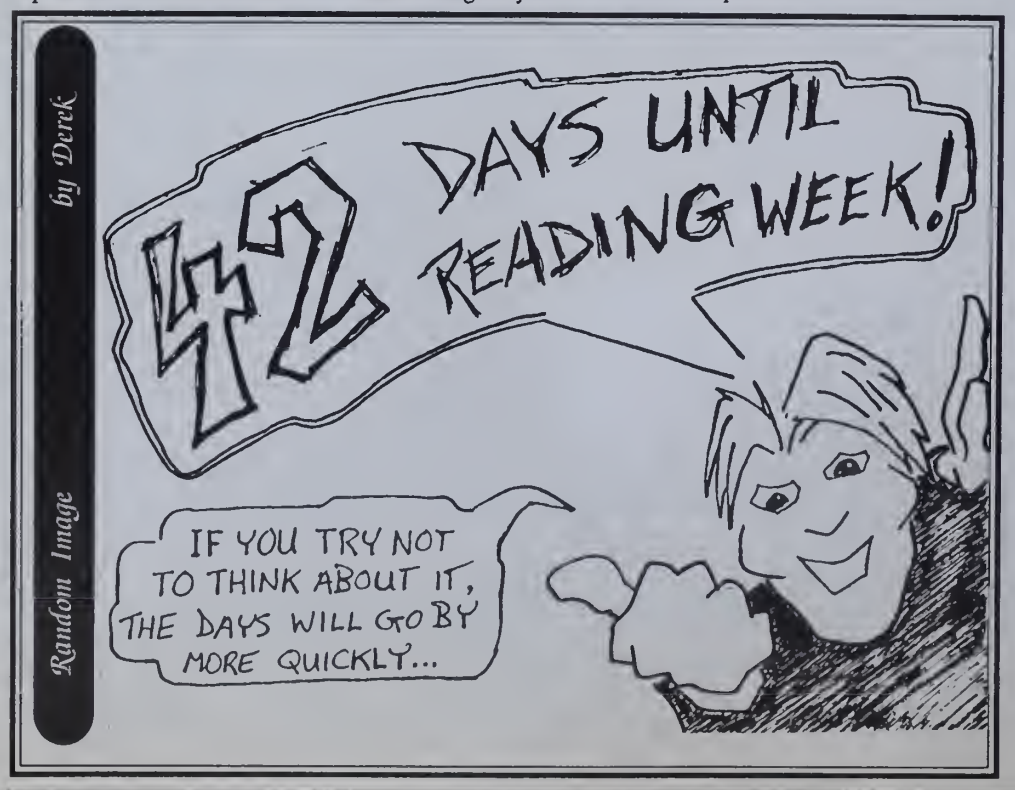
Application forms and program brochures may be obtained from placement offices in postsecondary institutions, or at the address below:

Manager, Monitor Program
Ministry of Education
Education Liaison and Exchange Branch
14th Floor, Mowat Block, Queen's Park
Toronto, Ontario
M7A 1L2

Duly completed application forms must arrive at the address indicated in the information package, postmarked no later than February 14, 1992. Qualified candidates will be required to attend an interview.

**(applies to men and women equally)*

Ministry of Education Ontario · Council of Ministers of Education, Canada · Department of the Secretary of State of Canada



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Saturnalia

E S C A P E S

Hearing the door slam, and the tiny house shake, he wondered at his ability to reason. It wasn't one of those things that he had ever questioned. Until now, it seemed. Maybe she was right. Escape was the only thing that he trusted, or even seemed to understand. And even now, he wanted to walk out the door and drive off to the setting sun. He stood up, walked to the door. Touched the handle, and pulled it shut. He was staying put.

There were two basic reasons not to go. He had no way of leaving, other than by foot. And the road out was a long one to walk. The other reason was his wonder. Was he out of control, searching for some way out? Out of what?

Here he was, standing alone in the kitchen. It was sparsely set. A fridge, stove, sink and a table. Two chairs at either end of the table, and a cupboard over the sink. After so many years of nothing, it all seemed decadent.

Walking to the cupboard, he pulled open the door. A single bottle of whiskey, half full, stood alone. He reached up. Pulled it out. Opened it. And poured it down the sink. He needed to stop and find his feet. That sounded funny, but he knew that this was one time that escape was not an option. Time and space were telling him something. And he knew this would be the last warning.

For so many years he had moved. Working for a while, until he could start drifting. All the while never looking back. Always looking into a haze of alcohol and smoke, dimly lit bars and an appetite for trouble. He was always running, but seemed to fall back further every time.

Once, in the north of Ontario he had stopped. There was a job in the bush, a work crew for some major company. He had no time to think or act. Everyday was one of working, eating and sleep. A routine that seemed harsh at first. But here was a new existence. The results were seen on a regular basis, and this time was full of some meaning. He could see, hear and feel the power of his work. It was a new escape: work and exhaustion, no time to want. No time to feel. Only the immediate demands.

It was a clear day, a sky so clean and honest that he'd begun working faster. He would've lost his life if he'd slowed. As it was, he'd been unloading a supply truck. He hadn't seen the containers coming down, but he heard them. His leg was caught under one, and broke in several places. Airlifted to the hospital in Timmins, he lost consciousness. When he woke, it was five weeks later. All the tubes and wires had been removed. And he called for her. She had come from Montreal. It had been six years since they had been together.

They moved down to Montana, a chance to start fresh. A small ranch, a house that was surrounded by miles of open space and a view of mountains in the distance.

It was their third year. And he began to drift. He missed the all consuming effort. There was too much time, and dreaminess in his eyes.

At first she hadn't noticed the bottles. But, it was all too soonn when she questioned his ways. He'd been changing. His eyes were bloodshot, and his skin was the color of death. He was talking in strange and unitelligable ramblings. His memory was full of holes. Empty spaces of darkness and cold.

It seemed so crazy now. But he could barely remember much beyond that. He knew that there were words and shattered emotions. He wished he knew what to say now. Now that he was alone. Scared of what he'd become. Wondering if he could change. If he would change.

The door opened, as he stared at the light. A figure in black. Was he ready for the final escape? Had he reached the uncertainty, the desperation? There was a knife on the table. Shining in the light. Waiting. Calling. Drawing him near. So sweet and seductive. He's started to reach, when he felt the water.

He awoke in a cold sweat. Soaked to the bone. The house was quiet. The first rays of sunlight were poking through the window.

His hands were clenched on the table. What had happened, he wondered? Had he stepped so close to the deadly escape, that his fear had brought him home? Was he that crazed, that death had become a welcome invitation? Whatever had happened, his hands shook with fear.

Out in the distance, the wind had begun to blow. He opened the door, and stepped in the morning light. The wind lightly washed over. Was he cleansed by his refusal? Had this been some sort of test?

He could hear the sound of a car. It was Hope. She had come back to him. She had reconsidered abandoning him. Maybe his search would continue, but she would try to help him. But now, his trust was in her. And, Drift could finally stand on his feet; not worrying about falling, sure of the way that he would walk with Hope.

Good music, good friends and a beer... Or a few.
There is nothing better to loosen the tongue (or to get some use of it!)
Sitting in front of the speaker 'til your ear wax begins to melt, and you actually start to hear your brain waves.
People you haven't seen for a year, or those you've never met before; who cares who they are, as long as they brought beer.
By the end, you've hugged and kissed everyone there, but hey! you'll never remember in the morning.
But you wake up at home - eventually. Either on the front lawn or in your bed, depending on who brought you home.
And you wonder why you have only two cigarettes left in your pack, and why you can't find the aspirin, and WHY THE HELL YOU CAN HEAR TEN THOUSAND TIMES BETTER IN THE MORNING WHEN YOUR MOTHER IS VACUUMING OUTSIDE YOUR DOOR!
You can barely speak because you smoked like a chimney and screamed to the beat of "Paradise by the Dashboard Light."
And you laugh, though it hurts like a bitch to do so, when you remember good music, good friends and a beer.... Or a few.

Kathleen Dueck *Or a Few*

STUDENTS ARE YOU INTERESTED IN EARNING EXTRA CA$H?

BABYSITTING OPPORTUNITIES ARE AVAILABLE

The Erindale College Child Care Registry is in the process of expanding its data base of student babysitters.
The purpose of the Registry is to match parents with babysitters and child care services that best suit their needs.

Referrals to parents will be based on your experience and times you are available.

To register, contact Lorraine Otoide, Child Care Resource Co-ordinator at 828-3846 or visit the office in unit 227, Phase V residences.

Erindale College
Student Bowling League
Now Forming
At

CLASSIC BOWL

Canada's First BowlerVision Centre

Experience It!

Day: Thursday, January 9, 1992
Time: 3:00 pm
Place: Classic Bowl

3055 Dundas Street West, Mississauga
Just East of the Price Club
Call 607-2695

Editorial

Medium II

Students informing students

Since 1974 — Since 1974

medium II is published weekly by Medium II Publications, a non-profit, incorporated organization. The opinions expressed herein are those of the editors, and are not necessarily those of the corporation.

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Word of the week

Monopoly: *noun* - The exclusive control of a commodity, service, or means of production in a particular market, with the resulting power to fix prices and eliminate competition.

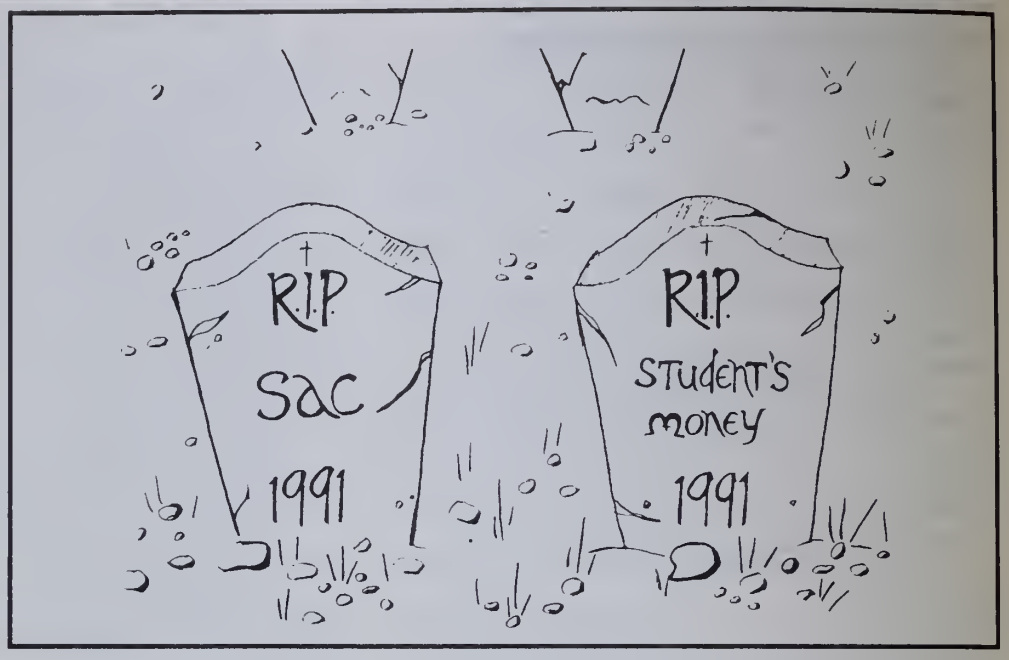
Contributors:

Mike Gallagher, Ron Gable, Todd Kyle, Derek Fryar, Karen Kwan, Pat Honan, Kathy McGinnis

Terry, if you honestly thought you could fool me with that classified prank, you must seriously underestimate me... so how is the SpArts section doing anyway? What a Christmas! Four weeks without doing a paper - it was heaven! Some things never change - Norm says he's coming in on Saturday, but does he show up? Noooooo, of course not. Does anyone have a fucking clue what Andrews cartoon means? Terry, I didn't know speakers were the way to a women's heart (although it still is a every nice - and expensive - gift)... Steve you are the ultimate procrastinator. You procrastinate your procrastination. Fuck. I'm going to guess you will be done around 5:30 (AM of course) and there will be a number of errors too. Oh well - its your money (or lack of it).

Editorial Board Meeting
Thursday January 9 6:00 pm
All Editors must attend

Staff



The budget according to SAC

By the end of this term the University of Toronto could be without a university-wide student council.

At a meeting held before the Christmas break, SAC Vice-President Bart Arsenault revealed their projected balance for the year - a deficit of over $250,000. In response, he initiated a number of cutbacks, including the elimination of all their part-time workers. To say SAC's coffers have been grossly mismanaged, would be the greatest understatement of this early new year, but clearly some examination of the problem is in order.

Arsenault explained that the deficit was because of summer positions, orientation expenses and ambitious September programming. What this really means is that they spent and spent and spent without any regard to the consequences. How could a $250,000 deficit just "sneak up on someone?"

To compensate for the immediate deficit, SAC has taken money allocated to the Wheelchair Access Fund and the Student Accident and Sickness Plan. Shifting money around as a temporary solution is acceptable, but what will be done in the long term? This year's financial mismanagement hasn't been the first time SAC has had wildly fluctuating balances; in 1989-90 SAC had a deficit of $338,000, yet in 1989 they had a surplus of $200,000.

What appears to be the only solution is to appoint an independent business manager who will stay on longer than one year. SAC, as the university's representative body must have financial stability. To reduce these deficit problems, SAC is also cutting their free films and has opted out of an advertising agreement with the Varsity.

Our Student's Administrative Council has a responsibility to provide services to all its students and act as the representative of the student body, not to needlessly squander our money.

Barbed Wires - A blast from Doktor Liberator's past

Before Christmas, Barbed Wires' attention was turned to Erindale's washroom walls. We felt it a service to the Erindale community to expose the doers of hurtful, slanderous, scandalous, purile and purely painful propaganda that offends anyone with a social conscience.

As is sometimes the case with an investigative issue, our initial objectives were not accomplished; that of having a graffitist come forward to be interviewed. However, we did hear from accusers, associates, witnesses and others from one of the worst bathroom bigots, "Doktor Liberator".

medium II's full contingent was kept busy over the Christmas (winter) break interviewing those who came forward to help expose this graffiti guru. The following is a selection of the reports collected. "Barbed Wires" has to thank Karen Kwan for their contributions and tireless reporting expertise.

This will be the last report on this topic. Although we may feel there is flogging to be done — it is not to be applied to this "dead horse". Our Dicks (detectives) have better things to do than lounge around the campus washrooms.

A Blast from Doktor Liberator's Past — "Trinity Fontaine"

I was fourteen and working on my first job as a counter attendant at a donut store when I met him. He said his name was David Leonard. We never talked much. He was quiet and always came in alone. He was quite ordinary-looking. Straight, boring hair. A normal nose — neither crooked nor upturned. Dull, grey eyes. A small, thin mouth. I could have passed him on the street and kept on walking without knowing it was him. He was always neatly dressed in a clean but well-worn faded jean jacket with a few missing buttons, jeans that were nearly white from constant wear, and a plain white T-shirt.

David Leonard came every Sunday afternoon during the summer months and ordered a chocolate glazed donut with a small coffee, double-double (double cream, double sugar). Sometimes he switched and tried a French crueller. He liked things plain and simple — never did he order an eclair or a rainbow donut with the colourful sprinkles on top. He always sat by the window and stared out at the traffic passing by. He was almost motionless, always staring.

One day he asked for a pen and started doodling on a serviette. Then he scribbled something. The following week, I saw him carrying a little notepad. He brought his own pen. This time, he stayed for hours, just writing away. He was not a noisy customer. He just kept to the side, unnoticeable. He put down his pen and got up to use the washroom. There was no one else in the shop. I wanted to take a peek at that notepad. I was sweeping the floor near his table. I was curious. What was he writing? Was he a literary genius? Who was he really? I was about to glance over when the washroom door opened. I looked away and resumed sweeping. But when I looked again at him I saw a strange look on his face — it was something weird, something wild, something bizarre. His eyes were dark and wide. He clutched the notepad to his chest and stared at me. I shivered. He finished his double-double, shrugged on his jacket, picked up his pen, and rushed out the door. I never saw him again.

That night it was my turn to do the toilets. We donut workers called it "dump duty". I hated cleaning the place, but it was part of the job.

The men's room always grossed me out, but this time I was shocked. There were little messages scrawled all over the walls. They were pretty freaky words. I couldn't help but read the stuff — things about God, about Satan, about women, about men, about women and men, about men and men, about women and women. Whoever wrote it possessed a sick mind. Very sick. It took me hours to scrub the shit off the tiles. The author did leave behind a mark — the work was signed by a certain "Doktor Liberator".

This guy needs help. Someone must stop him before every inch of our bare white pristine virgin walls fall victim to his mad, dangerous, perverse, repulsive, destructive, hateful, lewd and crude script that grows like an unwanted weed. It's time to pull out this weed for good.

Next week — what did you get for Christmas, and where was it purchased?

Perspective

LETTERS

medium II welcomes letters to the editor on any issue. Letters must be typed or printed legibly and writers are encouraged not to exceed 300 words in length. Content which is judged to be libelous, sexist, racist or homophobic will not be published. Letters may be edited for brevity, but it is standard *medium II* policy not to edit letters for spelling or grammatical mistakes. All letters must be signed and include a phone number for verification purposes. Some Letters may be held back due to space limitations. Mail can dropped off at our office in room F18 of the Crossroads Building or through Campus Mail in the South Building.

Letter of the Week

Is it monopoly or freedom of speech at Erindale College?

Re: Will the real Doktor Liberator please stand up?

I too am white, anglo-saxon, Catholic, male, heterosexual and appalled. I don't support the Ku Klux Klan or David Duke or promote violence or sexism. However, I strongly advocate the freedoms of speech, expression, and the press. Granted opinionated graffiti stylings may not be one of the most glamorous and informative methods of written expression but this is one of the only manners legated available in the controlled Erindale setting. The majority of people do not enjoy the monopoly of inscribed voice your paper retains. These graffiti formulated views do exist and because they subsist they should be allowed to be expressed. Do not employ your paper in an attempt to draw out controversy, to increase circulation, or whatever it is your paper tries to achieve, do it to promote the fundamental purpose of journalism: to provide a "medium" of fair uncorrupted expression - right or wrong (wrong referring to views "judged to be libelous, sexist, racist or homophobic" by your divine hierarchy). It is because of your left of centre position that the "indecent" mavens[sic] hide in aliases - fearful of their expressions and convictions. Orwell deemed a society can be dominated by a manipulated language and fear...Welcome to Erindale... Big Brother...

You don't necessarily have to agree with a view for it to merit the right to be expressed.

Robert Carnevale

Editor's Note: As the Editor-in-Chief, I am responsible for publishing all the letters to the editor received, provided they meet the guidelines set out. These guidelines, as with most rules and laws in today's society, were developed to be representative of society's generally accepted morals and views. When I took over, I examined our guidelines, and found them still representive, and so left them unchanged from the last three years. They are neither "divine" as you mention, or do they claim to be - they are just commonly accepted rules.

I must also question your idea of a fundamental purpose in journalism; is this according to your guidelines? Do we have a responsibilitiy to publish anything and everything we receive (being fair uncorrupted expression) or are there limits to what can and should be published? I think there are limits, although they are far from being as extensive or restrictive as you mention.

Finally, although I agree that *medium II* is a monopoly on the Erindale campus, it is a monopoly open to every student. Mr. Carnevale, if you wish to express your opinion on any issue, or even discuss why you think our guidelines should be changed, *medium II* always welcomes an opinion. Indeed, if you examine the first "Doktor Liberator" Barbed Wires, we offered this person a chance to come out and offer his/her views and their reasoning behind them. However, to accuse *medium II* of restricting opinion is such an inaccurate suggestion it borders on the realm of absurdity.

Chris Ovsenny
medium II
Editor-in-Chief

A discussion on rape

Re: Feature article (rape) of Monday, December 2nd, 1991. "Have Faith"

In regard to your terrible tragedy and your subsequent actions to somehow right the wrong done to you so that it will not happen to another person, I applaud you tremendously. I was very moved when I read your article. First, for your courage to press charges despite the intense pressures of others to dissuade you. Secondly, for your courage to write about it, knowing full well that having it published will probably increase these acts of intimidation by "Brett's" buddies (vermin!) who find cowardly comfort in threatening you over the phone and ganging up on you.

But I wish to address your misgivings over taking this case of rape to court. You have every right to feel let down by those (the legal authorities) who are supposed to give you the protection you deserve. However, don't ever question your actions of going ahead with this case. Your action is *the essence* of what brings about change in our community and the type of decent behaviour that we should expect of one another. Your action and those of other ladies taking similar court action will constitute the sort of pressure that must be brought to bear on the judicial system to take such rape cases seriously and of a grave nature that must be resolved by the due process of law. I can only feel contempt and disgust for the judge who would weigh someone's examination as more important than resolving such a heinous and emotionally distressing crime. If the onus is on a juror to delay his or her life in order to be in court, so should it be on the defendant. However, the most important point is that you should not feel defeated, but hold your head high and never second guess yourself for what you did. Change will come, with more people like yourself.

Bradley McDonald

Is the media to blame for perverse attitudes?

Bravo, *medium II*. The December 2nd edition is the first I can recall that did not contain any major articles or commentary on racism, homophobia, or sexism (especially the most extreme form —male violence against women). I don't mean to offend anybody in those so-called "minority" groups. And I hasten to add that I am not racist or homophobic, nor am I a chauvinist. But I am sick and tired of constantly reading about these issues in our campus paper and all other publications for that matter. I am quite aware of and I do sympathize with the plight of women and minority groups in our society, but the constant inundation of news on the problems they face in Canada is not, in my opinion, helping matters. Males who are not in minority groups, like myself, who are not racist, sexist or homophobic don't need to be repeatedly informed about the social ills that plague our society. After reading some of these articles I am often compelled to feel that all white males should be held responsible and accountable prejudicial discriminators, women abusers, or gay-bashers. And that just is not fair. Moreover, if these articles are designed to alter the views of those who believe in their superiority over others (based on their race, gender, etc.) then they are useless. They might serve to make more people aware of the problem, but I cannot believe that these articles will change a person's fundamental, as warped as they may be, beliefs. The process of removing these detrimental attitudes from our society can only come through the increased socialization of our youths vis-a-vis the educational system; not through the persistent documentation of these issues in the mass media. In fact it is the media and advertisers who are partly to blame for the perverse attitudes of our youth. In particular I am referring here to the role mass media plays in shaping male conceptions of what it is to be a man in today's society and consequently, their attitudes and actions towards women reflect those concepts.

Wayne Grima
4th Year Student

Talking Heads

Have you made any New Year's resolutions?

Bud Taggart
Chief Administrative Officer
"No. I try not to make them because I usually end up breaking them. Eating, drinking, chocolates - I don't smoke but if I did I would end up smoking a few days after the resolution."

Staff Seargeant Kent
Campus Police
"I don't have any. Actually, if I had one, it would be to have a better year than last year; safety-wise anyway."

medium II's OPEN HOUSE

***medium II* invites all past, present and future:**
•writers
• photographers
• cartoonists
• students
(basically anyone)

to *medium II*'s open house (that's free food and drink kids!) on :
Wednesday, January 15
11:00am - 1:00 pm
Crossroads Building
Room 18

Editorial #2

And this year I resolve to...

In honour of a new year, I have decided to give some insight into the New Year's resolutions of various people and groups we all love and care deeply about.

Madonna
She resolves not to make any more movies, especially if she has to act in them.

U of T's Students Administrative Council (SAC)
Resolve not to spend more than $1.99 during the next term. Bart Arsenault, SAC VP said "we will be flat broke by 1992", and well, guess what Bart - it's 1992.

Mikhail Gorbachev
Resolve not to take any more vacations in the Crimea, because in Russia when the cat's away the mouse will overthrow the country.

Rand McNally Map Makers
Resolve not to overdose on aspirins when making the 1992 version of the world atlas.

ECSU
Resolve not to spend all our money like S.A.C (and to hand in their copy of the ECSU page on time).

Dean Silcox
Resolve to stop smoking - especially in your own office - before the smoking police come down and work you over.

My Dentist
To resolve not to play that awful country music in his office.

Mario Cuomo
To resolve to kick George Bush's ass out of office - screw a kinder, gentler nation.

medium II
To produce another 12 kick-ass issues of the world's greatest newspaper again this term.

The Toronto Maple Leafs
Resolve to hand out free programs at every game, because no one can recognize anyone on the team any more.

The U.S. Olympic Basketball Team
Resolve to take it easy on the opposition once they lead by more than 200 points.

and last, but definitely not least...

PeeWee Herman
To resolve not to ah, um, well, not to enjoy himself so much in movie theatres.

"The aim of the liar is simply to charm, to delight, to give pleasure. He is the very basis of civilized society."
--Oscar Wilde

—Arts—

"The poor don't know that their function in life is to exercise our generosity."
--Jean Paul Sartre

What Is Alternative: Part III

This is the final instalment of my series on "What is alternative," and as I promised last time, this time around I'll be attacking the topic of alternative media, specifically radio, and specifically the question, "Is CFNY alternative?" (or was it ever?)

First, though, I'll recap quickly the conclusion I came to last time around on what constitutes alternative music: it is music that is too challenging, too radical or too unusual in its sound to be readily acceptable in a given time period. In other words, *Skinny Puppy* is alternative, *Depeche Mode* is not; *New Order* was alternative, but is not anymore, both because their music has moved towards the mainstream and because their type of music has become mainstream.

The first question to consider about CFNY-FM, the Brampton station that is now the third largest commercial "Alternative" in North America, is whether or not its music playlist is alternative, or indeed ever was.

The answer is yes and no in both cases.

As far as whether CFNY plays alternative music, irrespective of the changes the station's programming has undergone in the last three or four years, the answer is both yes and no because only some of its music is really alternative. CFNY's programming has always ranged from very accessible (although not necessarily highly successful) bands like *Depeche Mode*, *Duran Duran*, *Tears for Fears*, *Talk Talk*, *54 40*, etc. to more radical alternative bands like *Skinny Puppy*, *the Sisters of Mercy*, *Revolting Cocks*, *Siouxsie and the Banshees*, etc. On the whole, in fact, CFNY has generally avoided the real radicals like *Test Dept.*, *Alien Sex Fiend*, *Cat Rapes Dog*, *Laibach*, and others.

Music For The Masses

by
Todd Kyle

The second part of this question is: has CFNY become less alternative and more mainstream since its "golden age" of 1982-85 or so? Certainly its listenership has increased enormously. When I was in high school, most people hadn't heard of CFNY, and if they had they considered anyone who listened to it to be "weird."

But, in my opinion, CFNY has not changed at all. Except for a brief period in 1989 when they attempted a wholesale shift to the mainstream (a shift hailed by Maclean-Hunter's takeover of the station's parent company Selkirk Broadcasting), CFNY has not radically changed its music at all, although I know most older diehard listeners will disagree with me.

CFNY is still a unique compromise between accessible and alternative music programming. That has not changed. What has changed is people's tastes in music-what was alternative is now mainstream in Canada. It naturally follows that if CFNY has not changed in response, a larger proportion of the music it plays can be considered accessible. A lot of the electro-pop, dance music, and rap that CFNY was the first to play in the early to mid-eighties is now the mainstream sound.

CFNY has only partially responded to this shift in the alternative/mainstream spectrum. On the one hand, they have not ceased to play music that is no longer alternative (or bands whose newer music is not alternative); however, they have actually increased their airplay of a lot of music on the alternative edge that they once hardly played or didn't play—for example: *Dead Can Dance*, *Front 242*, *Nick Cave*, *My Bloody Valentine*, etc.

On the whole, perhaps, CFNY is no more or no less alternative than it ever was. Its music is only somewhat alternative, and the real alternative music stations are still campus stations like CKLN and CHRY as well as CBC-FM's late night "Brave New Waves" program, which seems to have mysteriously disappeared. However, as radio, CFNY is undoubtedly alternative, if only because of the sorry state of Canadian radio, and this is something that also hasn't changed. CFNY, no matter how accessible its music, is still a station of people playing music for a purpose, and playing music that they like, without overwhelming regard for the popularity and chart status of the music. CFNY plays music that it believes is good, not what it sees is popular. When it comes to radio and other media, we can perhaps throw out the radical definition of alternative that I used for music. The state of music is not so bad that anything that people have put their own individual faith into can be considered alternative, but I fear that is the case for radio, at least as far as music programming goes. Our airwaves are full of mindless commercially-programmed unadventurous "hit" radio (take that, Gary Slaight!)

If the definition of alternative radio is less stringent than that for alternative music (ie, that it doesn't have to be radical, only intelligent and sincere) then we can go back to the article on "What is alternative" that I referred to earlier, for our closing quote (and I promise to have a lighter topic next week!).

"The large media businesses all have one objectionable side-effect: dehumanisation. By treating their work as a product packaged for a market, the individual becomes nothing but statistical fodder, thus denying any depth of identity to the human beings who are listening, watching or reading...A media alternative is only alternative as the amount of freedom it gives to individual to explore and express their individuality."—Doug Ha!

chickenfeed

1) He used to be the lead vocalist with **Generation X.**

2) Name **Queen's** charismatic frontman who recently died of AIDS.

3) Who is the model that *Harry Connick Jr.* will marry in 1992?

4) During a 10-hour photo shoot for Vogue, what was the only thing singer-guitarist-talent scout *Prince* asked for?

5) What is the title of the new Cult album?

6) Name the film which features *LL Cool J*'s single "Mar ma Said Knock You Out."

7) Who will play *Kathie* in a new movie version of **Wuthering Heights?**

8) What 70's punk band recently reunited? Hint: the singer, *Polystyrene*, has been a Hare Krishna for more than 10 years.

9) According to *Entertainment Weekly*, what band had the best album of 1991?

10) If you look closely, who are the two skinheads dancing out of step in the **Revolting Cocks'** video "You Goddam Son of a Bitch"?

sprixie

dying, dead, decaying.
gifts,
like a forlorn lover's
purient kiss.
we watch transfixed in
no tomorrow
pure beauty fades into
death's abyss.

by Furor Scribendi

Art In The Ruin: Alternative Films

by M. Ellerton

Ever since I can remember, I've been extremely fascinated by such alternative films as *Repo Man*, *Liquid Sky*, *Blue Velvet*, *Rocky Horror Picture Show*, *Mondo New York*, *Earth Girls Are Easy*, *Clockwork Orange* and *Black Box*.

A typical story line for anyone of these sublime, low-budget Hollywood productions could be something like this: sharp and rugid renegad is on an explosive mission in the underworld of the future seeking to avenge a diabolic cyborg who plans on taking over the world.

Many of these subversive and anti-reflective films are more interested in action rather than thought. They focus more often on sensationalism rather than moral sensibility and reason.

Combining violence with detachment, these films are saturated with egotistical characters, both graspy and greedy who are unashamed of their immediate and primal needs. These characters, like Decker in *Blade Runner* and Frank N Furter in *Rocky Horror Picture Show*, are undisturbed by the reactions their often crude frankness and sexual aggression might elicit. They are cold and morally unresponsive and think little of acting out their most base desires.

The films' heroes are often pure machismos, who are unable to be emotionally affected. They are often the prisoners of denizens or are somnabulists who are completely alienated in their own small hysterical world.

Such alternative films portray a quasi-postapocalyptic state of nature where life is nasty, brutish, but immediate and addictive. These films rebel against any type of intellectualism and high seriouness. Basically, you can generalize them as avant-garde films with attitudes.

Most alternative films have bleak urban settings which look like a bombed out Manhattan or a desecrated L.A. Such decrepitate no man's lands serve only to enhance the filmmakers' fascination with the flawed, the lowlife, the grubby and the debris of modern life.

Alternative cinema became very popular in the late seventies. The main goal of these films was to reject Hollywood professionalism and at the same time, reject the structural avant-garde film.

Alternative films are marked by a primitive and amateurish look, crudity, mindlessness and bad taste. These movies often plot revolutionary acts against bourgeois culture. In fact, you might call them a tribute to the sleazy, adolescent images of evil. You might even consider them to be savage urban romances, where sex is rape and love is impossible.

These alternative films are full of broad shtick about the harsh realities of life and sadomasochistic interludes which are indicative of the character's unresolved and unexplored fascination with sexual repression.

The characters' dialogues are very limited, somewhat stilted and undeniably ruthless.

So, what makes me so attractive to these bizarre and futuristic thrillers which are morally irresponsible ?

I guess that I am attracted by each film's projection of the breakdown of the smooth and polished culture we see on TV, read about in books, but which we can never ever find in real life.

While these films are rather difficult to watch at times and are impossible to take seriously, it should be acknowledged that overall, alternative films effectively bring each person's fast-paced anxiety and growing frustration with the world to the big screen.

However, alternative cinema foremost seeks to externalize our most blithe insecurities. They strive to unroot our inhibitions and to expose our selfishness and our impurities.

—Arts—

Aria by Celistine

Aria is reputed to be one of the most beautiful kingdoms in the world, populated with princes, fairies and heroes. The landscape is a rich tapestry of fields, forests and orchards where turquoise rivers, filled with rainbow-coloured fish and precious stones, wander across plains of fine green grass.

Giant dinosaurs roam the kingdom carrying small school children on their backs, while roses and violets spring forth from the footsteps of beautiful women who create gardens whenever they walk.

The fauna of Aria includes talking lions, tigers and bears as well as flying horses and unicorns. Stripped cows, three-headed dogs, cats in boots, hairless rabbits, multilingual parrots, white blackbirds, phoenix, singing swans, and giant butterflies and grasshoppers (both of which are used for transport) all abound.

Perfumed pools of water serve as prisons for the many sirens who debauch the heroes with their sonorous songs.

Visitors to Aria will find the climate perfect. The air is so pure and nutritious here that there is no need to eat as the two main foods are air and love.

These blissful conditions, however, have not always existed. Several years ago two sisters, knowledgable in the black arts, built a stone castle on the highest mountain top and housed fire-spitting snakes and dragons to protect it. Surrounding their temple was a dark, murky bog filled with man-sized slugs, snails, tapeworms and maggots.

These witches, who thought wickedness was goodness and greed was virtuous, were afraid of the beauty of Aria, and thus attempted to destroy all the flowers and to kill all the inhabitants before they too became beautiful and peaceful like the land.

Heavily tattooed with black eyes and black hair which they braided with strands of gold thread, these sisters smelled of rotting seaweed.

The sisters were stopped by the son of the King of Jura who passionately desired to save Aria. After stabbing these witches with a magic sword he had made from diamonds and rubies, the King's son then stripped away the flesh from both of their faces which revealed that the sisters were an almost impalpable shape of evil and darkness.

Upon returning to Jura, the King's son became the most celebrated and infamous hero in all of the kingdom's history, and Aria resumed its peaceful existence.

Thrush CD Carousal

I'm Your Fan
The Words and Music of
Leonard Cohen
by Various Artists (Warner)

While last year was the year of the box set, this year seems to be the year of the tribute album. We have tributes to *Elton John*, *Bruce Cockburn*, and now *Leonard Cohen*. "I'm Your Fan" is a collection of songs from one of Canada's greatest poets of all time, done by various "alternative" artists. Compiled by Frenchman *Christian Fevret*, this collection is limited in terms of offering any new interpretation of Cohen's work, with a few exceptions. There is not one female or rap artist to be found here. Even though it's hard to imagine *Ice-T* doing "Tower of Song," it would inject more life into the album and remove some of its monotony. On the other hand, the album is not all bad news. Winners on the album have to be the *House of Love* doing "Who By Fire," *James* performing "SoLong Marianne," the *Pixies* doing "I Can't Forget" and *R.E.M.* Performing "First We Take Manhattan." The most memorable track on the album features *David McComb* and *Adam Peters* doing "Don't Go Home With Your Hard On," which successfully manages to be different from the rest of the album's mood with a good dance beat. The other end of the spectrum features *Bill Pritchard*'s imitation of Cohen on "Tower of Song," while *Nick Cave and the Bad Seeds*' version of "Tower of Song" is such an insult that it's hard to figure out how it made it on the album. The strength of "I'm Your Fan" has to be the quality of the music. While some will really enjoy this album others will be more content to settle with one of Leonard Cohen's own albums. [MG]

Top 10 Radio Stations In Canada For The Year 1991

CFRB (Toronto)
1010
CHUM-FM (Toronto)
104.5
CHFI-FM (Toronto)
98.1
CILQ-FM (Toronto)
107.1
CKOI (Montreal)
96.9
CBL (Toronto)
740
CKAC (Montreal)
730
CKMF-FM (Montreal)
94.3
CHUM (Toronto)
1050
CHOM-FM (Montreal)
97.7

Source: BBM Bureau of Measurement Radio Survey, Spring, 1991 and individual stations.

chickenfeed answers

1) *Billy Idol*.
2) *Freddy Mercury*.
3) *Jill Goodacre*.
4) A mug of herbal tea.
5) *Ceremony*.
6) The Hard Way.
7) *Sinead O'Connor*.
8) **X-Ray Specs**.
9) **Nirvana**.
10) *Al Jorgenson* (**Ministry**) and *Chris Connelly* (**Soundgarden**).

Poor attendance isn't the only way to lose 10%.

College and university students with valid student I.D. receive a 10% discount at Grand & Toy – the store with the widest selection of school supplies in town.

GRAND & TOY
OFFICE PRODUCTS · PRODUITS DE BUREAU

Visit any of our Toronto area stores.

Erindale College Student Union

ECSU Services:

- photocopying (7¢/copy) (we have three)
- copycards for only $7 (you can use them at ECSU at the Tuck Shop and at the library)
- FREE use Fax Machine
- cool refreshing pop for only 90¢
- orientation pictures, for only $1.00
- free washable perpetual calendars

All directors also have office hours in order to serve your interest. Come and check out our hours and talk to us about anything. Any questions, concerns, advice and suggestions are always welcomed.

ECSU
Crossroads Building Rm #11
9:00am-12:00pm,
1:00pm-4:00pm

Please remember our reception area is very busy please do not hang around there.

WELCOME BACK and HAPPY NEW YEAR!

AWARDS OF EXCELLENCE
U•T•A•A
1992 JOHN H. MOSS SCHOLARSHIP

The University of Toronto Alumni Association (UTAA) invites nominations for the John H. Moss Scholarship. One Scholarship of $12,000 is awarded Annually.

Selection Criteria
•minimum grade point average equivalent to B+ graduating from third or fourth year. Students must be enrolled at Scarborough, Erindale, or St. George campuses at the University of Toronto in the Faculty of Arts and Science.
•evaluation of candidates involvement and contribution to a variety of aspects of University life.
•students registered in 3rd or 4th year who will receive their degree in the spring of 1992 are eligible to apply.

FOR MORE DETAILED INFORMATION, CONTACT SUSAN JEREMIAH AT ECSU.

A thought - "TRACY'S TIME OBSERVATION: Good Times end too quickly. Bad times go on forever."

Tired of the same events year after year?
Join the ECSU Event Planning & Social committee.
Call 828-5249 for details.

Next ECSU Meeting:
ECSU Boardroom in Crossroads Building at 5:00 pm on Tuesday, January 7/91.

ECSU Advertising Policy
Every year a new council comes in and tries to change matters (such as policies) for the better. This year, as the Advertising Director, I have tried to update the ECSU Advertising Policy in order for it to be more beneficial for the students. The following is a brief overview of the current 1991-2 Advertising Policy:

Definitions
The following definitions apply to the advertising policy.
student: any fee-paying member of ECSU
student #2: any person that has a student card other than an Erindale, University of Toronto student card.
non-student: any person who cannot provide a student card or does not represent any company/ non-profit.
non-profit: any group recognized by the province or the government.
companies: incorporated or unincorporated or any business.

	8 1/2" x 11"	larger than 8 1/2" x 11"
students	no charge	no charge
students #2	$4.00	$5.00
non-students	$5.00	$6.00
non-profit	$10.00	$15.00
companies	$30.00	$35.00

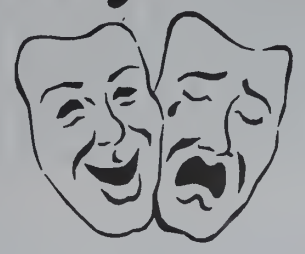
Please remember:
ECSU BOARD
Must be stamped
No overlapping
Tacks only
English language

Advertisements must adhere to ECSU Bulletin Board Policy, otherwise they will be removed
NOTE: ALL boards will be cleared on Dec. 10 until the new year.

The Blind Duck Pub

FIRST PUB OF '92
Come JAM with *Class* and *Style* to the latest and hippest Dance music this and every Thursday Night! Doors open at 5pm.

Phantom Road Trip



Wed. Jan. 15/92
Evening

Tickets are: $61, $71, $81 depending on availability of seats
Price Includes: workshop with various cast members before the production, the show, and transportation to and from Erindale.

Interested? Contact Mary Kosta @ ECSU

The Pub Wants You!

Aspiring Entertainers

If you can play an instrument, sing, make people laugh, or just entertain....
CONTACT THE PUB
828-5385

We'll put YOU and STAGE!

Need a Job?

We need reliable people to work in the 'Information Booth.' Must be available any day of the week from 1:00 pm to 5:00 pm. Interested? Contact Jessica at ECSU!

CLUB CORNER

All Club submissions for "Club Corner" must be received in the Advertising Director's (Jessica Caceres) mailbox no later than Wednesday 1pm prior to each issue of the medium II. Each submission will be published once and must not exceed 50 words (unless otherwise arranged).

"Excuse the error" - We made an error in the SAC Erindale office hours last issue. For correct office hours, please contact SAC Erindale representatives in Rm 131B in the North Building.

Bearing the New New Generation:

by Anna Ricci

"... infants needed discipline, and since mothers couldn't seem to resist cuddling them in highly damaging and sentimental ways, separation was the only answer. Once home, mothers exhorted to quell their instincts to cuddle, kiss, or even stroke their babies - a handshake and a pat on the head were quite sufficient, wrote one doctor." ***

What was practised in the early 1920s seems very outdated today, but in the 1990s many women in our culture who are bearing children continue to face many useless if not ridiculous interventions of doctors and hospitals. One woman's memory of the birth of her first child gives some idea of how medical interventions made her birthing experience a negative one:

"I go to the hospital for a check-up and a nurse decides that I'm going to remain because ' it's time'. It is not time. Labour contractions are artificially induced and I have an intravenous tube taped to my hand. There is a fetal monitor strapped around my belly - I can't move. My water is broken by a doctor to 'speed things up'. Labour has gone on for over fifteen hours as I lay on my back and listen to doctors who discuss me as though I weren't even in the room. I get an epidural needle. Because they are afraid that I will rip, they preform an episiotomy. My baby is born and taken immediately to the Nursery."

While many pregnant women in our culture continue to fight with doctors and hospitals for control over their own bodies, it is interesting to take a look outside our culture to see how other cultures around the world approach pregnancy and childbirth. Though some cultures may seem to have strange traditions and myths that surround childbirth, the knowledge that they offer is certainly worth considering. If anything, this curious knowledge teaches how to better understand our bodies. For some women it may offer alternative birthing methods that will turn childbirth into a natural positive experience instead of something that is upsetting and feels out of control.

Many women in our culture undergo frequent medical examinations during their pregnancy. Ultrasounds, which are performed early in pregnancy, look at the baby's size and help determine the date that the baby is due. In addition to this, they can also determine the baby's sex. In other cultures, much more interesting methods are used. Hungarian Gypsies attach a gold ring to a string and hold it in front of a pregnant woman's belly. If the ring swings back and forth the baby is said to be a boy and if the ring swings in a circle the baby will be a girl. Mormons in the United States believe that if a pregnant woman has a bad complexion she is carrying a girl, because girls take beauty away from their mothers. In ancient Egypt, if the baby sat high in the mother's belly it was believed to be a girl and if it sat low in the belly, it would be a boy. If a pregnant woman from Dinka, Africa was grumpy with other women she is said to be carrying a girl and if she is grumpy with men, she is carrying a boy. Finally, in Poland, mothers whose faces have yellow spots are believed to be carrying girls while mothers who look well are said to be having boys.

In ancient Egypt, if the baby sat high in the mother's belly it was believed to be a girl...

Morning Sickness is something that many pregnant women must deal with. Nausea occurs when the stomach becomes irritated because of accumulated acids. The expansion of the uterus can also cause nausea. Many women tend to feel sick early in the morning as opposed to any other time during the day because stomach acids tend to accumulate more over night due to a lack of food and low blood sugar. In ancient Rome a drink of lime juice and water with cinnamon every morning was said to relieve morning sickness. During the 1960s in Europe, Canada and the United States, many doctors prescribed the drug Thalidomide for nausea - a drug which was later found to cause severe birth defects. Today there are several remedies for morning sickness. In our culture Bicarbonate of Soda is used as well as ginger ale, vitamin B6, and frequent snacks of dried biscuits or crackers. In Hawaii, ginger tea is commonly used to relieve nausea while in China, Ginseng, fresh bamboo shoots and dried orange peel are popular remedies.

Just as doctors advise pregnant women in our culture to stay away from substances like carbon monoxide fumes from cleaning fluids and disinfectants, and exposure to x-rays; women in non-industrial countries have their own list of precautions during pregnancy. In east Africa, it is believed that eating hot food or drinking hot water can scald the fetus. The Aztecs of Mexico believe that gazing at an eclipse of the moon can cause a baby to be born with a hairy lip. And the Navaho Indians of the United States say that hanging the wash can cause the unborn baby's umbilical cord to get knotted.

All over the world women do different things to care for their bodies during pregnancy. Massage - which is probably most widely practised - relaxes the muscles and eases aches and pains. The lower back, which is most vulnerable to strain during pregnancy because of stretched muscles and weight gain, is especially soothed by a good massage. Depending on the culture, massages can be performed by a special masseur, a midwife, a husband or a mother. Because a good massage is very relaxing, many women find it useful in labour where relaxation can actually make labour shorter and easier. If the massage is performed by the husband, it can also create an important bond between father and baby. In many hospitals it is standard practice to perform Caesarean Sections if a baby is positioned incorrectly and coming out feet

A Look at Pregnancy and Childbirth Across Cultures.

first instead of head first. English and Mayan midwives used to use massage to turn these "breech" babies into the correct positions. In addition to alleviating pain, massage can also help with varicose veins, headaches, cramps and indigestion. Massage was also used by Mayan mothers to prepare their perineum (the folds of skin behind the vagina) for labour.

"Many doctors and midwives today are telling us what Tonga women have said for years - that if you stay in one position for too long during pregnancy, either sitting or standing, your pregnancy will be uncomfortable..." In addition to massage, exercise is also very important in many cultures. Sanpoil women in India, for example, have special exercise programmes when they are pregnant which include a lot of running and swimming. Zulu women in South Africa do special breathing exercises to prepare for birth and to strengthen the child in the womb. Hawaiians see dancing as a good form of exercise.

Many cultures believe that unborn babies can be affected by their mother's experiences. Women in Jamaica believe that anything that upsets the mother will ultimately affect the baby. Ibo women of Nigeria cover their navels if they see anything frightening so the baby won't see it. It has only recently been acknowledged that a mother's emotional state can affect her unborn baby. When a mother gets anxious, frightened or angry, adrenaline is released into the mother's bloodstream which can also be absorbed by the baby's system.

While most women in our culture will give birth in hospitals under the supervision of doctors and nurses, 80 per cent of the world's babies (mostly those in non-industrial countries) are born at home. In Egypt and the Sudan women return to their familiar parent's home to feel mothered by their own mothers while they are giving birth. While Malaysian women may practise keeping their mind on holy things during labour, other women will practise the Lamaze method of controlled breathing and relaxation. Navaho Indians traditionally play music as a way of helping women tune into the rhythm of their own contractions. Giving birth underwater is something that is gaining popularity. Soaking in warm water during labour is both relaxing and soothing, which is probably why since 1987 over 1000 women in the UK have given birth in water.

Birthing positions also vary from culture to culture. Since every woman is different, only she can know what is most comfortable for her while in labour. A Tapirape woman of Brazil lies in a hammock to give birth, her legs hang over the sides and a two-inch slit is cut into the hammock for the baby to be born through. Squatting, kneeling, sitting and standing are all widely used birthing positions.

Midwives are very crucial in some cultures and it is only recently that Midwifery is getting the recognition it deserves here in Canada. According to recent Canadian legislation, there will soon be courses and a degree offered in Midwifery, something women have to look forward to. In most cultures, midwifery is seen as an art and is passed down through the generations. A midwife's main role is to support a labouring woman. Midwives may offer support through massage or verbal encouragement. In our culture the role of doctors seems to have become far too important in a woman's birthing experience. Women who have their babies in hospitals usually find themselves in unfamiliar surroundings and are usually restricted to having only one other person in the labour room. It is only recently that doctors have stopped shaving women before they give birth and stopped administering enemas. In the past, women have lain flat on their backs with their legs in stirrups - not to ease their labour, but to make their doctor's "job" easier. The use of labour drugs may make contractions less painful but they deprive women the choice to stay in tune with their own bodies during birth. Epidural needles (a needle injected into the spine) makes it almost impossible for women to feel anything, which just seems to increase the birthing mother's dependency on her doctor. Women who go beyond their expected due date by about two weeks can expect to be induced, that is, a special drug is used to bring on labour contractions. Caesarean sections, episiotomies and the use of forceps and vacuums are other medical interventions that many women are more healthy, living longer and having children at later stages in life we have to ask ourselves if all these medical inventions are really necessary in something as natural as the process of child birth.

*** All information concerning pregnancy and childbirth in various cultures around the world has been paraphrased from ***MAMATOTO - A Celebration of Birth.*** A book put out by The Body Shop, and also available at most book stores.

In the past, women have lain flat on their backs with their legs in stirrups - not to ease their labour, but to make their doctor's "job" easier.

Open Spaces

by Andrew

SPORTS

Sports Shorts

by Terry McPhee
Sports Editor

Toronto and Calgary do business: The Toronto Maple Leafs and the Calgary Flames made the first trade of 1992. Sent to Calgary were forwards Craig Berube and Gary Leeman, defenceman Alexander Godynyuk and Michel Petit, and finally goalie Jeff Reese. To Toronto went forwards Doug Gilmour and Kent Manderville, defenceman Ric Nattress and Jamie Macoun, along with goalie Rick Wamsley. In my opinion this trade is fairly even. Neither team will be greatly effected by the trade. Its only real advantage is to change the line ups and bring in new people to possibly shake up the rest of the lineup. Don't expect anything new from either squad.

Cleveland challenges Chicago: At the beginning of the NBA season and for several weeks following it looked as though no team in the Central Division could scare the powerful Chicago Bulls. Well, it seems an unlikely team has risen to the task. The Cleveland Cavaliers are only 4 games behind Chicago with a record of 21-9, third in the league. After not making the playoffs last season, it will be interesting to see if Cleveland can continue to dominate their games. Look for them be the darkhorse pick of the bookies.

NFL Weekend Wrap-Up: The weekend began with the Redskins taking on the Falcons. Early in the game it was evident why Washington had the best record in the league as they rolled over Atlanta 24-7. Later the Oilers and Broncos would face off in what may have been the best game of the playoffs. Warren Moon and the Houston team took a 21-6 lead in to the dressing room at half time. Elway proved his expertise as Denver rallied back to win the game 26-24, with only 30 seconds left in the game. Finally Buffalo scalped the Kansas City Chiefs 37-14 in a game that was more one sided than the final score. Detroit played Dallas. The Lions buried the Cowboys 38-6.

ECARA Builds Up Weight Room

Over the Christmas Break the Department of Athletics and Recreation completed a relocation of the Weight Room to the more spacious Room 0129, the former recreation which housed the Ping Pong and Billiard Tables. ECARA made the move since user demand on the weight room has increased steadily over the past three years. A larger weight room will better service the user. The old weight room had little area for proper warm up and stretching. More importantly a larger exercise area is more conducive to female users, providing a less intimidating training and fitness area.

A new carpet has been installed and a crew headed by Athletic's Facility Manager, Chris Wanschura, moved in the heavy weight and nautilus equipment. Iron Club members helping with the move included students Mark Bulut, Mark Dellar, Dan Boisvert, Rob Stanley and a cast of other Iron men.

"We have to make the best utilization of the limited indoor Athletic facilities here at Erindale to service a population of some 7,000 students;" stated Athletic Director Peter Baxter.

Any further move will require a new facility. Over the past two years ECARA has spent over $220,000 in facility upgrades. In the Summer of 1990 a new gym floor was installed to provide a safer playing surface so as to reduce the number of shin splints and ankle inversion injuries which participants suffered on the former concrete floor. Outdoor Tennis Courts were resurfaced. A baseball diamond took shape and a sprinkler system was installed on all playing fields. This past Summer outdoor volleyball courts were erected, two sand courts in the South field and one each behind Coleman House and inside the Court Yard of Phase III residence. In addition, a full basketball court has been built in the parking lot of Coleman House in cooperation with the Residence Centre."ECARA renovations have been accomplished without an increase in student incidential fees for the past three years," said ECARA President, Melissa Jazbec. "Talks of new Athletic Facilities which would increase our programming cannot be completed with the existing resources."

Mirrors, stereo system, and other final touches to the weight room should be completed by January 17th, 1992. The former weight room will now double as part recreation room, housing ping pong and billiard tables and part instruction studio for ECARA's expanding martial arts program.

For further information please contact ECARA President, Melissa Jazbec at 828-5498.

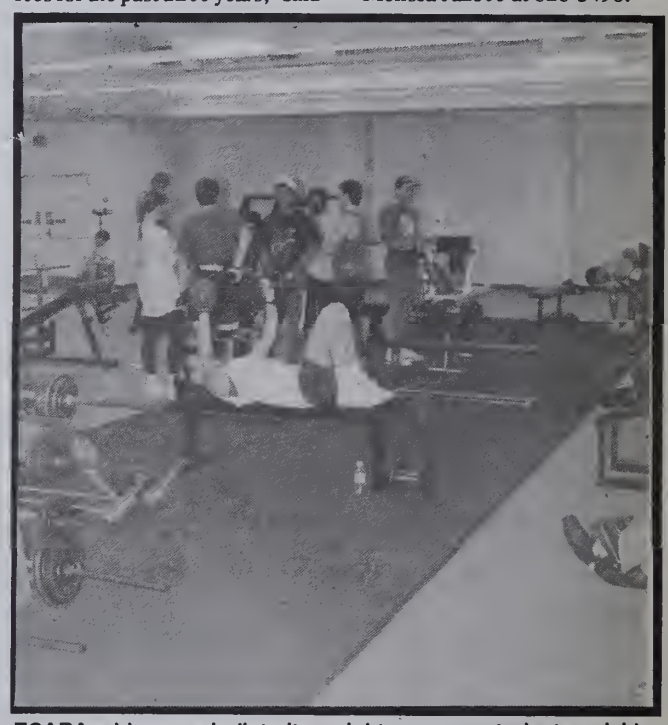


photo by Dave Martin

ECARA adds some bulk to its weight room, as students quickly make use of the new facilities.

AT THE CAREER CENTRE

START EARLY ON THE SUMMER JOB SEARCH

*How To Land a Better Summer Job Seminars
Monday, January 13, 1992 11:00 a.m. - Noon)
OR Wednesday, January 22, 1992 1:00 p.m. - 2:00 p.m.) meet in the Career Centre

*Attend The Summer Job Fair
Tuesday, February 11, 1992 10:00 a.m. - 2:00 p.m. University College
...pick-up the Jan. 29 edition of the "Newspaper" for details St. George Campus

*Prepare For the Search By...
- Watching the 15 minute video "How To Make A Job Fair Work For You"
- Viewing the short videos on "Résumés" & "Interviews" and picking up job search info.
- Having your résumé critiqued
- Checking the Career Centre job listings at least weekly

MAKING CAREER CHOICES...

Attend Careers Night

Talk to Erindale Grads and others about what they do and how to prepare etc. Over 30 career fields. Pick up the special brochure with the participant list.

Wednesday, January 15, 1992
4:00 p.m. - 6:30 p.m.
The Meeting Place

Exploring the Career Jungle

Feeling confused? Come and explore careers that match your interests and abilities during this one day workshop. Helpful for students in all years.

Tuesday, February 18, 1992
(Reading Week)
Sign up in advance at the Career Centre.
Materials Fee $15.

Extern Career Exploration Program

May 11-15, 1992 (after exams)
Application Deadline: February 28, 1992

A mini co-op program to assist you in gathering info and making career decisions. Tell us what you'd like to experience! Pick up the info. brochure and application at the Career Centre.

25 YEARS ERINDALE COLLEGE

CAREER CENTRE
Erindale Campus
Room 3094, S. Bldg.
828-5451

St. George Campus
Koffler Student Centre

92 GRADS ... DID YOU KNOW THAT WE OFFER? ...

*Digging Up Unadvertised Jobs
A practical workshop to give you the skills to explore the 80% of jobs that you don't see or hear about. Develop your sleuthing strategies!

Thursday, February 20, 1992 (Reading Week)

*A Permanent Job Fair

Tuesday, March 31, 1992, 2:00 p.m. - 7:00 p.m.
University College, St. George Campus

Prepare for this one stop job shopping event by watching our 15 minute video "How To Make a Job Fair Work For You."

*A Permanent Employment Service (P.E.S.)
Register as early as April 1st or 6 to 8 weeks before you're ready to accept a job. Use up to two years after graduation.

Apply to the Career Centre's Student Volunteer Assistant Program for 1992-93

Application Deadline: Monday, March 16, 1992

Promote the Career Centre, make new friends, help your fellow students and learn all the skills of the job search.

Pick up the brochure on the program and attend an info. session offered by this year's student volunteers on ...

Thursday, March 5, 1992
9:00 a.m. - 10:00 a.m.
The Career Centre

There's More.....

The Centre can seem a little intimidating when you first visit so ...

Why not drop by and we'll arrange for one of our student volunteers or staff to give your or your friends a TOUR.

Open House for students with Special Needs ...

Friday, January 17, 1992
12:00 p.m. - 1:00 p.m.

SPORTS

Division II V-Ball Ends In Final Four

by Pat Honan

On Thursday, November 29, 1991 the Division II Men's Volleyball team season ended on a sad note. It was the playoffs, and after finishing the regular season undefeated in six games, we had received a bye through the first round of play-off, which were to take place on Tuesday, November 20.

Unfortunately however, the Tuesday games had not been played for one reason or another and therefore they had to be played on Thursday before our games could be played. And of course, Erindale had not been told, so we were told upon arrival that we would have to wait around until our opponents could be determined.

Then we found out Pharmacy had defaulted the Tuesday game, and that our competitors, Trinity, were ready for the game just as Erindale was. Only we didn't have a referee. Thanks to some craft work by our own Melissa Jazbec however, we finally managed to get a referee by 9:30, only half-an-hour late for our posted starting time.

Even with all this inconvenience, we still managed to hand Trinity a defeat in two straight games, 17-15 and 15-5. We were now in the Final Four with seven straight wins. Afterwards it was time to celebrate, especially since it was Mark "the pirate Skidmore's birthday. Unfortunately, the line-up proved too much for most of us. Too bad we couldn't get special VIP treatment into the Pub. Oh well.

Then, before we knew it, it was Thursday again, time to meet Commerce in the Final Four. We were really hyped up for this game, but it would prove to be our last outing of the season. Perhaps the fist big snowstorm of the year was a forewarning of how we were about to dumped on. The Commerce team came out hitting, and it was all we could do to keep in the game. With excellent hitting and even better digging, the Commerce team time and time again managed to get the point. This is not to say that we sat back and handed them the game. We played some of the best volleyball that we have ever played and had some very excellent rallies, and considering the level of competition, we presented ourselves very well. This Commerce team should easily take it all, and most probably move up to Division I next year. Hell, they could have played at Division I this year. This game also marked the first, and (unfortunately) last, appearance of our own ECARA-cam, thanks to Melissa Jazbek and Affix Shader (thanks for the Boatman shots, Affix.) But in the end the trip downtown ended up not to be a total loss, as the snowball fight in the parking lot after the game proved that spirits were still high.

As coach, I hope that everyone had a great season and lots of fun, I know I did. And watch out for members of this team as they just might show up in the four-on-four Volleyball league starting next semester, The final role call of the season can now go like this: Van, Mark, Al, Sebastian, Harry, Ron, Peter, John, Jack and Pat. If there is any good thing about Division II Volleyball being over, it is the fact that now I'll be able to get into the Pub at a decent hour! See you there.

Editor's notes: It has come to my attention that many people have been complaining about the amount of Erindale sports content in the paper each week. I would briefly like to say these people should get off their lazy butts and start to contribute. Thank You!

WFG take sixth straight indoor soccer crown

by Mystic of the East

At the beginning of the indoor soccer season WFG seemed destined to win an unprecidented 6th consecutive franchise championship this year as they added three well known players to their roster.

Coming to WFG via free agency were Susbir "Mr. Franchise" Singh, Randeep "King Can" Grewal and TJ "Mr. Goals" Braich.

These signings combined with the returning core of Jerry "Gazza" Hart, Kenny "Defence" Tan, Mark, Luigi, Pardeep "Jack of all positions. Master of none" Nagra, Todd "I'm the best" Collet, Roberto "Consistency" Roman, and Irfan "Boom Boom" Shah, proved to be a force to reckon with. WFG did not fail to live up to their expectations as they reached the finals by beating the Sweat Hogs in two straight games. Also reaching the finals were Rubber Sole, who have been their the past three years, yet to capture the coveted crown.

The best two out of three game series started with WFG winning the hard fought first game by a score of 5-3. The second game was played in front of fifty plus fans, standing room only available. The game turned out to be a see-saw battle as both teams exchanged leads.

Rubber sole clawed its way back from a two goal deficit twice in the game to go ahead 8-6 with only four minutes left in the game. A much needed time out was taken by WFG. After a very emotional thirty second speech by the teams spiritual leader TJ "No Goals" Braich, WFG dug down deep and tied the game at 8-8 with one minute left in regular play. Irfan "Two Scoops" Shah scored the winner for WFG as his patented 88mph "No meals on this flight" shot found its target. WFG went on to score two more goals to end the game at 11-8. Congratulations to WFG on another successful season.

WFG would like to thank all those, the fans who came out to support them, and the players who dared to step on the same floor as them. Remember, WFG stands for We're Fuc%&@ Good, and you know it.

Ball Hockey Writers Needed:

If you are interested in writing for Sports during Ball Hockey season please call Terry at the medium II : 828-5260

THE CLASSIFIEDS

HELP WANTED

WANTED: Waiter/Waitress full or part time, experience needed. Kaede Japanese Restaurant, 897-8580 Kimura. 1170 Burnhamthorpe Rd. West Mississauga.

FREE SPRING BREAK TRIPS Promote & Organize our Spring Break tours. All materials furnished. Good Pay & Fun. Call Campus Marketing: 1-800-423-5264.

FREE TRAVEL, CASH, AND EXCELLENT BUSINESS EXPERIENCE!! Openings available for individuals or student organizations to promote the country's most successful SPRING BREAK tours. Call Inter-Campus Programs. 1-800-327-6013

Best Damn Campus Rep Wanted!!! North America's best damn tour company. Only Hi-Life can offer you a free spring break trip for every 20 paid and a chance to win a Yamaha Wavejammer. Join thousands of other campus reps call now 1-800-263-5604

Summer Management Positions for summer 1992. Average summer earnings $9500. For more info call Works Corps at 798-7300.

HELP WANTED

If you can play an instrument, make people laugh, or just entertain, the Pub wants you. We'll put you on stage. Contact Derrick Peart, 828-5385.

WANTED: Two committees available for your participation! By-Law Revision Committee and Orientation Revision Committee: three positions available. Come to ECSU! Get involved in Student Government.

Help Wanted: Need reliable person to work the Information Booth on Wednesdays, 1:00-5:00pm. Person will sell bus tickets and answer phone. Contact Jessica @ ECSU, 828-5249.

FOR RENT

OWN ROOM in luxury condo apartment near Square One. Non-smoker. Share facilities. $440 per month. 270-3256 ask for Mike Jones.

PERSONALS

Dear Mr.Sports Editor: Please be careful this week. We know that naughty nimpho Melanie likes to seduce you, but please use protection!!! Love Mommy and Daddy

FREE CLASSIFIEDS

If you wish to place an ad in this section and are an Erindale student, your ad is free (with valid Student ID). The first 25 words are free, there is a one dollar charge for an extra 10 words. Free classifieds will run for two weeks and must be resubmitted if they are to continue to run. Others can advertise for $4.00. Drop your ad off at our office.

SHOWER SHIT SHAVE

Time WARP

Recruiting to be monitored

by Larysa Fenyn, medium II, October 3, 1978.

The council of Ontario universities announced earlier this year that it would consider instituting an agency to monitor methods employed by universities to enlist prospective students.

This decision came after allegations that several Ontario universities were violating established university recruiting guidelines. Diminishing enrolment has prompted some universities to broaden their recruiting programs to the extent that they may be infringing on the council's guidelines.

Methods employed vary according to the particular institution but include such practices as contacting prospective applicants by telephone and visiting them in their homes. Another method involves the "wining and dining" of high school guidance counsellors during information sessions. Although these procedures may not be in direct conflict with recruiting guidelines, they do raise important questions of academic integrity. The Globe and Mail cited the universities of York, Western Ontario, Windsor, Waterloo and Laurier as those involved in questionable recruiting programs.

The Council of Ontario Universities will meet later this month to re-assess university recruiting guidelines, at which time the question o f retaining university integrity and of implementing a monitoring agency will be discussed.

It's a Fact

Canadians over the age of two watch an average of 23.5 hours of television per week. In every province, women watch substantially more than men and children between two and eleven years of age watch more than teens, aged 12 to 17. Women in Quebec watch the most television - on average 30.2 hours weekly - and men in Quebec and Newfoundland are tied for watching the most with 24.3 hours of viewing each. In Alberta, viewers for both sexes watch the fewest hours.

Men 18-24 - 17.4 hours per week in Ontario

25-34 - 19.4 hours per week

Women - 18-24 - 19.8 hours per week

25-34 - 22.8 hours per week

Wok with Fong

Squid with Green Pepper

i) Remove head and tentacles from squid, although tentacles may be used. Also remove skin and cartilege from the middle of the squid's body.

ii) Score squid by slicing deeply but not all the way through in order to reduce chewiness of the meat.

iii) Mix together 1 and 1/2 ladels of water and 1 Tblsp of cornstarch, 1 Tblsp of dark soya, three shakes of pepper in a small bowl. Set aside.

iv) Heat wok, then add a couple of tablespoons of vegetable oil, some minced ginger to reduce fishy smell, and some minced garlic. Add squid and some red and green peppers sliced. Add a couple of drops of sesame oil and then the sauce. Heat to boiling.

v) Serve over shredded lettuce on a plate.

Living in the Fast Lane - A Matter of Choice

More and more Canadians are breaking away from the humdrum and giving into their urge for excitement and stimulation, especially among students where more free time is usually available. This trend has created a powerful revolution in travel habits. The margarita-by-the-poolside vacation is a thing of the past as students are finding exhilirating new ways to spend their leisure time... with an adventure travel experience.

Bored with palm trees, beaches and boats? Why not try something a little different...

Teaching Language to Dolphins

Researchers at the Kewalo Basin Marine Mammal Laboratory in Honolulu have been teaching language to Phoenix and Akeakamai, two female bottle-nosed dolphins. Thus far the pair has learned over six hundred sentences and can understand such grammarical distinctions as direct versus indirect objects. However, they cannot use their skills to communicate with each other because the emphasis in their training has been on language comprehension rather than language production. Volunteers on this popular project assist for two or four week periods in the instruction of two young dolphins in an artificial language to see if they can "speak" it. The long term goal is to determine the ability of dolphins to exchange information with trainers and amongst themselves. Volunteers serve as trainers as well as help with the feeding of the dolphins and the weekly tank cleanings. Nights are spent in the dormitories at the University of Hawaii. Operator: Earthwatch Expeditions Inc., 680 Mount Auburn St., Box 403AT, Watertown, Ma 02272; (607) 926-8200. Price: Moderate. Season: Throughout the year.

Excavating a Graveyard of Mammoths

Approximately twenty-six thousand years ago, a steep-sided pool lured over a hundred Ice Age mammoths to their death. Unable to escape, the huge animals drowned or starved to death, gradually filling the pool with their skeletal remains and creating the largest graveyard of mammoths in North America. Thus far, paleontologists have unearthed the bones of over forty mammoths as well as those of a great short-faced bear which stood over eleven feet high. Voulunteers spend two weeks wielding trowels and dental picks to dig, map, record and preserve the bones. The site lies within the city limits of Hot Springs. Nights are spent in tents. Operator : Earthwatch, same address as above. Price: Moderate Season: July.

Wagon Train West

If there is a single thing that sums up the westward expansion of America in the nineteenth century, it is the familiar covered wagon. The early pioneers braved hardships, but they also knew the community of fellowship, of sharing triumphs and failures, and of working together for survival. Participants on this covered wagon expeditionroll through the Wyoming wilderness in Teton National Forest. The pace is the same as of the last century, about three miles an hour. The wagons are replicas of pioneer covered wagons, modified to include rubber tires and foam padded seats. Participants have a choice of two, four, and six-day trips. They can also choose to escort the wagon train on horseback. Meals are served family-style from a chuck wagon. Nights are spent camping. Operator: Wagons West, Afron, WY 83110; (800) 433-1595 or (307) 886-3872. Price: Moderate Season: June through August.

Gates of the Arctic Dogsledding Expedition

For centuries the Eskimos have used dogsleds for the transportation of hunting parties and travel betweeen remote Arctic villiages. Today sleds allow the adventurous traveler to experience the frozen wonderland of the Eskimo in the manner of the early Arctic expolorers whose very survival depended upon a reliable team of dogs. This strenuous eight-day expedition departs from Bettles along an old trail for the Koyukuk River in the Gates of the Arctic National Park, one of the largest national parks with over seven million acres. Although wildlife is much more sparse than in the summer, members may be lucky enough to see a pack of wolves hunting Dall sheep. Return to Bettles by ski-plane. Nights are spent in cabins or heated canvas tents. Operator: Sourdough Outfitters, Bettles, AK 99726; (907) 692-5252. Price: Expensive. Season: February through March.

By Hot-Air Balloon over Tuscany

Participants on this five-day adventure ride serenely in hot-air balloons over an Italian countryside steeped in Etruscan, Roman, medieval, and Renaissance history. Operator: The Bombard Society, 6727 Curran St., McLean, VA 22101; (800) 862-8537 or (703) 448-9407. Price: Expensive. Season: May through October.

Moderate - between $75/$150 a day
Expensive - above $150 a day

ECARA

Erindale College Athletics and Recreation Association

ON-CAMPUS INTRAMURAL SIGN-UP

BADMINTON TOURNAMENT

CO-ED DOUBLES MEN'S AND WOMEN'S DIVISION

ENTRY DEADLINE : FRI., JANUARY 17, 1992
TOURNAMENT DATE: FRI., JANUARY 24, 1992

WOMEN'S BALL HOCKEY

TEAM ENTRY FORMS AVAILABLE IN ECARA OFFICE

SIGN UP DEADLINE: JAN. 8, 1992
CAPTAIN'S MEETING 4:00 P.M.
START DATE: JAN. 15, 1992
ANYONE INTERESTED IN COMMISSIONER, THE APPLICATIONS ARE IN RM. 1114A.

FREE THROW SHOOT OUT!!

MEN'S AND WOMEN'S "21"
"21" Divisions
JOIN THE BATTLE FOR THE BEST FOUL SHOOTER AT ERINDALE

ENTRY DEADLINE: TUES. JAN. 14, 1992
21 SHOOTOUT STARTS: MON. JAN. 20, 1992
SIGN UP NOW AT E.C.A.R.A.

BALL HOCKEY PLAYERS

TEST YOUR SKILLS AGAINST ERINDALE'S BALL HOCKEY'S FINEST

1. TARGET SHOOT
2. RAPID FIRE
3. BREAK AWAY DRILL
4. STICKHANDLING DRILL

MEN'S AND WOMEN'S DIVISIONS

ONLY THE FIRST 100 MEN AND 50 WOMEN WILL BE PARTICIPATING. DON'T MISS OUT!! SIGN UP NOW! (GOALIES COMPETE FOR BEST GOALIE AWARD)

ENTRY DEADLINE: WED., JAN. 29, 1992
CONTEST DATE: FRI., FEB. 7, 1992

CO-ED BASKETBALL

NEW THIS YEAR A CO-ED B-BALL LEAGUE!!!
RULES:
MINIMUM 2 WOMEN ON COURT AT A TIME.
MEN ARE NOT PERMITTED IN THE KEY.
MEN CAN TAKE OFF OUTSIDE THE KEY ON LAYUP ATTEMPTS. ALL OTHER RULES SAME AS MEN'S LEAGUE.
ENTRY DEADLINE: WED., JAN. 22, 1992
LEAGUE BEGINS: MON., JAN. 27 1992
SIGN UP YOUR TEAM OR SIGN UP AS A FREE AGENT IN THE E.C.A.R.A. OFFICE

ATTENTION ALL BASKETBALL PLAYERS

The Erindale Men's Division 2 Basketball team needs players. First practices are Wednesday January 8, 5-6 pm and Thursday January 9, 5-6 pm. League play begins Monday January 13. All players are welcome to come out!

WELLNESS LUNCH AND LEARN SEMINAR SERIES

The Erindale College Department of Athletics and Recreation and ECARA is offering a series of four 1hr Lunch and Learn Seminars for students, staff, and faculty. The theme of the series is "wellness" and will provide the knowledge and skills to assist participants in achieving an improved sense of well-being.

Paula Vainio, President of Fit-life Consultants will provide comprehensive, informative, and interesting presentations. She brings her extensive experience of delivering professional and enjoyable seminars to a variety of clients such as Motorola Information Systems, Shoppers Drug Mart, U of T Training and Development, and the Ontario Medical Association.

Seminar 1—Thursday, January 16, 1992, 12:00 noon **"EATING FOR ENERGY"**

Content:
1. Canada's Food Guide Principals
2. Latest Studies Show... Different foods provide varying degrees of energy and nutrients. Why do complex carbohydrates and protein provide better energy and nutrients than caffeine and chocolate? How do I get rid of the "Afternoon Blahs"? Why is eating breakfast so important?
3. The Nutrition and Stress Relationship
How to manage your stress by eating healthily and nutritiously.
4. Nutrition and Disease Prevention
Nutrition and it's links to the prevention of cancer and other diseases, quoting the latest research.

Seminar 2—Thursday, January 23, 1992, 12:00 noon **"EXERCISE WITH LITTLE OR NO TIME"**

Content:
1. Benefits of Exercise
Mental, Social, Physiological, Disease Prevention, Well-Being
2. Healthy Weight Loss Principles
Caloric Expenditure, Good Nutrition, Body Image and self-Esteem Issues
3. Exercise Idea
4. Active living
In the workplace, at home, and at play
5. The Secrets of Motivation

Seminar 3—Thursday, March 12, 1992, 12:00 noon **"HEALTHY COOKING"**

Seminar 4- Thursday, March 19, 1992, 12:00 noon **"DE-STRESS YOUR LIFESTYLE"**

COST: **SERIES PRICE—$25.00 FOR ALL FOUR SEMINARS**
INDIVIDUAL SEMINAR PRICE—$10.00
ALL PRICES INCLUDE GST

All seminars includes a complete information package for all participants and a resource table related to the topic. REGISTER IN THE ATHLETICS OFFICE ROOM 1114, SOUTH BLDG

BASIC MASSAGE INSTRUCTION SEMINAR FOR PARTNERS

FUN EVENING OUT TO LEARN A LIFETIME SKILL

THURSDAY, JANUARY 23,1992 7:00 - 10:00 PM, ROOM TBA

LEARN MASSAGE TECHNIQUES FROM INSTRUCTOR WENDY BOLTON, REGISTERED MASSAGE THERAPIST WHO WILL BRING HER EXPERIENCE WHICH INCLUDES BEING A MASSAGE THERAPIST AT THE KING RANCH SPA IN KING CITY AND IN EMPLOYEE WELLNESS PROGRAMS IN CORPORATIONS SUCH AS MOTOROLA.

COURSE FEE OF $55.00 (PLUS GST) PER COUPLE INCLUDES A HANDBOOK ON MASSAGE TECHNIQUES.

YOU WILL LEARN:
-BASIC MASSAGE ROUTINES
-BASIC ANATOMY AND PHYSIOLOGY AS IT APPLIES TO MASSAGE
-BASIC HYDROTHERAPY (USE OF HOT AND COLD WATER TO REDUCE TENSION)

THIS COURSE ENABLES THE STUDENT TO PRACTICE AN ADAPTABLE MASSAGE AT SCHOOL, OFFICE, AND HOME.

EFFECTIVE IN THE TREATMENT OF:

-ALL TYPES OF HEADACHES
-POSTURAL TENSION AND STRESS FROM LONG HOURS AT A DESK OR IN FRONT OF A MONITOR
-EMOTIONAL STRESS
-BRAIN DRAIN - (MASSAGE ACTUALLY INCREASED THE BLOOD FLOW TO THE BRAIN BRINGING IN FRESH OXYGEN AND NUTRIENTS PRODUCING INCREASED MENTAL CLARITY. THIS FACTOR ALONE WOULD BE WORTH THE PRICE OF ADMISSION, ESPECIALLY IF USED AROUND EXAM TIME)

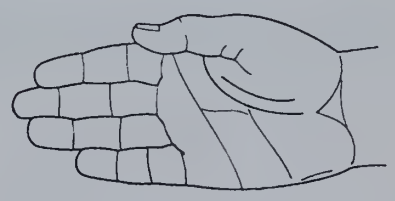
REGISTER IN THE ATHLETICS OFFICE, ROOM 1114, SOUTH BUILDING NOW LIMITED ENROLMENT.

NEED RELAXATION? WANT SOME RELAXATION FROM EXAM STRESS?

BOOK A THERAPEUTIC MASSAGE IN THE ATHLETIC OFFICE

MASSAGE THERAPIST ON DUTY

WEDNESDAYS, 10:00 - 4:30 P.M..



MASSAGE THERAPY IS RECOMMENDED FOR AND IS EFFECTIVE IN THE TREATMENT OF :
Muscle rehabilitation, Improved joint mobility, Slow or poor lymph drainage and edema, Circulatory disorders, Respiratory conditions, Temporal Mandibular Joint pain, Metabolic disorders, (i.e.. gout, thyroid dysfunctions), Headaches. .. Migraines, Tension and Sinus, Back soreness due to trauma and/or stress, Neck pain from day to day postural stress or from old injuries such as whiplash, and many other conditions.
Bookings: *Made by payment (Exact cash or cheque) in the Athletics Office. 20, 40, 60 minute treatments are offered.*
Fee: *$20 (+ GST) for each 20 minute session*
When you receive your massage, you receive a receipt for payment and this receipt will bear the therapist's registration number. Many people have extended health care benefits that include Therapeutic Massage if referred by your physician, so check your (Family) policy. The receipt should accompany your benefit claim form.

ECARA

Erindale College Athletics and Recreation Association

WINTER TERM INSTRUCTION PROGRAM: SIGN UP TODAY!

Let's Dance!

BALLET

Basic group instruction followed by individual movement and position correction of Modern Ballet. Come out and try something different, no previous experience necessary.
MONDAYS 1:10-2:00 PM
JANUARY 13-FEBRUARY 10
FEE: $13.00 LOCATION: Dance Studio

JAZZ

LEVEL 1
A great way to stay in shape and learn some exciting jazz moves and routines. The degree of difficulty will be increased as the course progresses. Participants do not require dance experience.
WEDNESDAYS 2:10-3:00 PM
JANUARY 15-FEBRUARY 12
5 weeks of instruction
FEE: $13.00 LOCATION: Dance Studio

LEVEL 2
This class is designed for those who are comfortable with jazz moves and want to be challenged. Degree of difficulty will be dependent on participants' skills.
MONDAYS 2:10-3:00 PM
JANUARY 13-FEBRUARY 10
5 weeks of instruction
FEE: $13.00 LOCATION: Dance Studio

SOCIAL DANCE

INTRODUCTORY
Learn the basics of Ballroom and Latin dance. The instructor will help you learn the steps of the Waltz, Cha Cha, Swing and other dances that are of interest to the participants. You will learn to be comfortable and confident on the dance floor.
WEDNESDAYS 6:00-7:00 PM JANUARY 15-FEBRUARY 12
5 weeks of instruction
FEE: Single $11.00
Couple: $20.00 LOCATION: Dance Sudio

INTERMEDIATE
Participants should have had an introduction to most dances. A greater emphasis will be placed on skill and confidence on the dance floor. You will be introduced to high level lead and follow tricks, floor craft and etiquette.
WEDNESDAYS 7:00-8:00 PM
JANUARY 15- FEBRUARY 12
5 weeks of instruction
FEE: Single $11.00 LOCATION: Dance Studio
Couple $20.00

FIRST AID AND CPR

ST. JOHN AMBULANCE STANDARD FIRST AID COURSES

The course will cover artificial respiration, controlled bleeding, choking, fractures, unconscious casualties, etc.. The certificate is valid for 3 years.

1. **Saturday Jan. 11 & Sun. Jan. 12** 9:00-4:30 pm $65.00
   (Standard First Aid & Heartsaver CPR)
2. **Mondays Jan. 13-Feb. 10** 7:00-10:00 pm $59.00
   (Standard First Aid)
3. **Wednesdays Jan. 15-Feb. 12** 6:00-9:00 pm $59.00
   (Standard First Aid)
4. **Sat. Feb.15-Sun. Feb. 16** 9:00-4:30 pm $65.00
   (Standard First Aid & Heartsaver CPR)

CPR COURSES

A comprehensive course that teaches you the skills of : 1 rescuer & 2 rescuer CPR, child CPR, infant CPR, adult, child, and infant choking.

BASIC RESCUER: $50.00

1. **Saturday January 25** 9:00-5:00 pm
2. **Sunday January 26** 9:00-5:00 pm
3. **Saturday February 22** 9:00-5:00 pm
4. **Sunday February 23** 9:00-5:00 pm

BASIC RESCUER RECERTIFICATION: $27.00

1. **Friday January 24** 5:30-9:30 pm
2. **Monday February 24** 6:00-10:00 pm

REGISTER IN THE ATHLETIC OFFICE, ROOM 1114
Cheque or cash payments accepted. Please make cheques payable to: *ST. JOHN AMBULANCE.*

CO-ED AEROBICS

JANUARY 6th-APRIL 10th, 1992
(WINTER TERM SCHEDULE)
A ONE TIME FEE OF $24.00

The Aerobic classes are run on a drop-in basis. Pay the one time fee and you can attend as many classes per week as you choose.

Classes are 50 minutes and consist of a Warm-up, Aerobic, Muscular Strength/Endurance and a Stretching component.

Classes are of a High/Low impact combination, which allows participants of varying fitness levels to work at their own pace.

Fitness is for Every Body! Try one for size. Discover the benefits you will receive!

CLASSES ARE CONDUCTED BY QUALIFIED, ENTHUSIASTIC INSTRUCTORS!

MONDAY		12:10 P.M. LORETA	-	3:10 P.M. DAVID	5:10 P.M. BARB G.
TUESDAY		12:10 P.M. DENISE	1:10 P.M. MICHELLE B	*3:10 P.M. LEANNE	5:10 P.M. MICHELLE S.
WEDNESDAY	10:10 A.M. NANCY	12:10 P.M. SANDEE	1:10 P.M. DENISE	3:10 P.M. DAVID	5:10 P.M. LORETA
THURSDAY		12:10 P.M. LEANNE	2:10 P.M. MICHELLE B	*3:10 P.M. NANCY	5:10 P.M. KAKSHA
FRIDAY	10:10 A.M. SANDEE	12:10 P.M. MICHELLE B			

* NEW CLASSES

THE UNIVERSITY OF TORONTO ERINDALE CHAPTER OF THE HEART AND STROKE FOUNDATION OF ONTARIO WOULD LIKE TO ACKNOWLEDGE AND THANK THE GENEROUS SUPPORT OF THE FOLLOWING SPONSORS FOR THE "DANCE FOR HEART".

The Printing Clinic • Update Unisex Hair Salon & Barber • Habitat-The House Shop • Nectar Beauty Shop • HMV Canada • Music World Limited • Nino D'Arena Hair Salon for Men and Women • Accessories A La Cart • Bowring • One Hour MOTOPHOTO-Upper Oakville Shopping Centre • Athletic Images • Classy Formal Wear • Cotton Ginny Limited • The Accessory Source • Super Video 99 • Beaver Canoe Corporation • Shoppers Drug Mart-Tailor Drugs Limited • R.B. Holiday Travel Ltd. • Faema-One Stop Espresso Shop • Marvelous Mmmuffin • Cinnamons • Balloon Express • Peach Tree Gallery Art & Frame Shop

HEART AND STROKE FOUNDATION OF ONTARIO

SPORTS SKILLS & FITNESS INSTRUCTION

SQUASH

LEVEL 1
This course is designed to teach new players the racquet skills, rules and strategy necessary to play the game. Racquets, eyeguards and balls will be supplied. Non-marking shoes are required.
TUESDAYS & THURSDAYS 10:00-11:00 AM
JAN. 21-FEB. 6
FEE: $13.00 LOCATION: Squash Courts

LEVEL 2
The course emphasis is on improving the 4 basic strokes in order to develop accuracy and control of your shots. As well, more attention will be given to court strategy.
TUESDAYS & THURSDAYS 9:00-10:00 AM
JAN.21-FEB. 6
FEE: $13.00 LOCATION: Squash Courts

Martial Arts & Self Defense Programs

JUDO & SELF DEFENSE

Judo was developed in the late 1800's in Japan. It was the first Martial Art to be recognized as an Olympic sport. Judo is a combination of throws and hold downs. Mr. Bill Coakley a Black Belt instructor has developed a strong Judo programme at Erindale and welcomes all interested newcomers.
WEDNESDAYS 6:00-8:00 PM
JANUARY 15-MARCH 25
10 weeks of instruction
FEE: $20.00 members $35.00 non-members

KARATE

Karatedo (the way of the hand) is a martial art system that uses different parts of the hand and foot in the kick, strike, punch and block techniques. Correct breathing in the form of a yell is emphasized to accompany the execution of techniques. Karatedo trains both the mind and body; it develops body strength, willpower, spirit and self confidence. Two experienced Black Belt instructors will be leading the class and senior students will be assisting. Beginners are welcome!
TUESDAYS & THURSDAYS 6:30-8:30 P.M.
JAN. 9-APR.7
FEE: Members $38.00 Non-members $48.00
Fees will be collected at the class

TAE KWON DO

Tae Kwon Do is the Korean art of self-defense. It provides personal development, physical conditioning, self defense and mental discipline all of which encompass the 5 tenets of Tae Kwon Do. This course is affiliated with the Han's Tae Kwon Do Academy of Mississauga. Instruction will be conducted by certified instructors, students of Grand Master Han an 8th degree Black Belt.
MONDAYS 4:00-6:00 PM and
Thursdays 6:00-8:00 PM
(optional class Saturdays 12:00-2:00 PM)
JANUARY 13- APRIL 11 12 WEEKS OF INSTRUCTION
FEE: New participants $35.00
Fall term participants $15.00

TAI CHI

Tai Chi is an ancient Chinese exercise system designed to improve health and promote relaxation. Tai Chi improves posture, balance and breathing; it increases stamina and concentration; strengthens and tones up muscles. It is an activity suitable for all ages since there is no twisting, straining or jarring movements. It energizes and heals rather than stresses or exhausts. Loose, comfortable clothing which allows freedom of movement is recommended.
MONDAYS 5:10-6:10 PM JANUARY 13- MARCH 23
10 weeks of instruction
FEE: $20.00

WEN-DO WOMEN'S SELF DEFENCE

Assertiveness training and the development of self-control are the focus of this self defence course specifically designed for women. The emphasis of the course will be on non-violent but effective techniques based upon skill rather than physical strength. Wen-Do, Women's self defence has three major goals: awareness, avoidance and action. Learn to feel safe and less vulnerable. Loose fitting clothing is recommended.
MONDAYS 6:00-9.00 P.M. JAN. 13-FEB. 10
5 weeks of instruction
FEE: $25.00

INTERMEDIATE WEN-DO

This course is a one day program designed to further develop skills acquired in the introductory program. In addition to reviewing basic techniques, work is done to improve physical skills-balance, form, smoothness, reflexes and speed. You will learn more blocks, kicks and hits. As well, there will be group discussions on aspects of violence against women, self defence stories and assertiveness.
FRIDAY JANUARY 31 9:30 A.M.-5:00 P.M.
FEE: $ 15.00

ERINDALE SKI CLUB

A limited number of tickets are available for the "1st" ski trip of the year to Blue Mountain.
FRIDAY JANUARY 10th
Watch for the Ski Club in the Meeting Place on January 6th, 7th, & 8th.

KARATE CLUB DEMONSTRATION
WEDNESDAY JANUARY 8th 12:00 P.M.
IN THE MEETING PLACE
"COME OUT AND SEE WHAT THIS CLUB IS ALL ABOUT"